

## WALL ANGEL

### Indications

- Shoulder or neck pain
- Failure during wall angel test
- Poor posture

### Procedure

- Standing wall angel: stand with feet approximately 4 inches from wall, shoulders back, and the arms, head, and buttocks flush against the wall.
- Arms out to sides and bent at the elbows (cactus or “under arrest” position)
- Place radial side of wrist/hand on wall
- Flatten back against the wall with a sternal crunch

### Progression

- Move flexed arms along wall up and down without shrugging shoulders or poking chin out.
- Perform with the wall slide

### Evaluation/Audit

#### Common Errors

- Ulnar contact instead of radial
- T/L not flat versus wall
- Shoulder shrugging

#### Patient Audit (What the Patient Should Feel)

- Mid back effort without neck strain

